

Health *counts!*

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Earn Rewards with UMP's New Wellness Program—Health Counts

All Uniform Medical Plan (UMP) enrollees ages 18 and older can register for the new Health Counts program beginning July 10. With Health Counts, you can earn points for healthy behaviors like getting preventive screenings, exercising, and eating right. Once you accumulate 100 points, UMP will mail you a \$30 premium rebate check.

How does the program work?

To earn your \$30 rebate, you need to do the following:

- **Go to www.ump.hca.wa.gov and take the eHealth survey:** This online health questionnaire was designed by the University of Washington Health Promotion Research Center. It asks you questions about your health habits including diet, exercise, and preventive care screenings you've had in 2006. Set aside 20-30 minutes to complete the survey. You'll receive immediate feedback based on your answers.
- **Report your healthy behaviors on an online score card:** Once you've completed the eHealth survey, you'll receive a tailored score card that lists healthy activities you can complete to earn 100 points. You won't have to do everything on the score card, but you will need to earn 100 points by December 31 to get the rebate for 2006. If you already have good health habits,



such as eating right and exercising regularly, you'll get credit for it. If you change your diet or exercise routine, you'll need to maintain that habit for six weeks to earn points for it. See a sample score card that shows behaviors many UMP enrollees can do to earn points on page 3. (Your score card will vary depending on your age, gender, and answers to the eHealth survey.)

(continued on next page)



Need Help Finding a Doctor?

If you don't have a doctor you see regularly, check the online provider directory at www.ump.hca.wa.gov or call Customer Service at 1-800-762-6004. We can help you find a network doctor close to home or work.

Remember, covered preventive care screenings are FREE when you see a network provider – no deductible or coinsurance.

For a complete list of services covered under the preventive care benefit, check the current Certificate of Coverage or the UMP Web site.

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How do I take the eHealth survey?

You can access the eHealth survey and the Health Counts score card through your personal online medical account. Each adult enrollee will need a separate account. If you don't already have one, here's how to set up an account:

1. Go to the UMP home page at www.ump.hca.wa.gov.
2. Click on "My Medical Account Login," located in the right column.
3. Select "Register Now."
4. The Web site will guide you through the registration process. You will need to have your UMP I.D. card handy.

Once you are in your medical account, you will be able to select the eHealth survey. After you've completed the survey, you will receive a tailored score card that lists activities you can do to earn points. The score card will keep track of your points for you. You can return to it at any time to report on activities that you have completed.

If you have problems registering, please call UMP Customer Service at 1-800-762-6004 for help. The eHealth survey and score card are available only through your online medical account. Most public libraries have free access to the internet that you can use if you don't have access at home or work.

What is BMI?

Body mass index, or BMI, is a measurement of body fat based on height and weight. With Health Counts, you get points for having a BMI in the normal range, or for losing weight if you are in the overweight or obese range. For adults, BMI falls into one of the following categories.



BMI	Below 18.5	18.5 – 24.9	25.0 – 29.9	30.0 and Above
Weight Status	Underweight	Normal	Overweight	Obese

BMI is calculated using your height and weight. Here is the formula:

$$\text{BMI} = \left(\frac{\text{Weight in Pounds}}{(\text{Height in Inches}) \times (\text{Height in Inches})} \right) \times 703$$

Your BMI will automatically be calculated for you when you take the eHealth survey. If you would like advice on how to improve your diet, including recommended amounts of calories, carbohydrates, and proteins customized by your age, gender, and activity level, visit "My Pyramid Plan" on www.mypyramid.gov (sponsored by the U.S. Department of Agriculture).

Health Counts Sample Score Card

This score card is a sample. Your actual score card will be tailored to you and based on your age, gender, and answers to the eHealth survey.

The score card lists activities you can complete to earn points for Health Counts. Once you've earned 100 points, we'll mail you a \$30 premium rebate check.

Visit the UMP Web site at www.ump.hca.wa.gov to take the eHealth survey and receive your customized score card!

Points for healthy behaviors

Activity	Points
eHealth survey (required)	30
Nutrition & Exercise Category You need a minimum of 20 points in this category. The maximum you can earn is 40 points.	20–40 points total
If you eat five 1/2-cup servings of fruits and vegetables 5 days a week for at least 6 weeks	10
If you eat five 1/2-cup servings of fruits and vegetables 7 days a week for at least 6 weeks	20
If your body mass index (BMI) is currently more than 18 and less than 25	10
If your body mass index (BMI) is greater than 25	
and you drop one BMI point since registering for Health Counts	10
and you drop two BMI points since registering for Health Counts	20
and you drop three BMI points since registering for Health Counts	30
If you exercise (you need to maintain any exercise habit listed below for at least six weeks to earn points)	
20 minutes 5 times per week	10
30 minutes 3 times per week	10
30 minutes 5 times per week	20
40 minutes 3 times per week	20
40 minutes 5 times per week	30
Safety Category Maximum of 10 points	10 points total
If you always wear a helmet when riding a bicycle or motorcycle	5
If you always wear a seatbelt when driving	5
If the batteries in your home smoke alarm are working	5
If you always use sunscreen when out in the sun	5
If you know your family's medical history	5
If you have advanced directives or a living will	5

Preventive Care Screenings Minimum of 20 points—Maximum of 40 points	20–40 points total
Annual preventive care visit in the last 12 months	10
Flu shot since Oct. 1, 2005	10
If you know your blood pressure (systolic/diastolic)	5
If you know your LDL cholesterol level (the "bad" cholesterol)	5
For women	
Cervical screening (PAP smear) for women ages 18–65 in the last 1–3 years, as directed by your physician	10
Mammogram for women ages 40 and older in the last 1–2 years as directed by your physician	10
For men and women ages 50 and older	
Colonoscopy for adults age 50 and older within the last 10 years as directed by your physician	10
Pneumonia vaccine for adults ages 65 and older within the last 10 years	10
Total Points Needed Once your total points reach 100, UMP will mail you a \$30 premium rebate check.	100

Score card for tobacco users

Quitting tobacco is the most effective thing you can do to improve your health. If you smoke or chew tobacco, you are required to take the eHealth survey and participate in the *Free & Clear* tobacco cessation program to receive the rebate. UMP covers *Free & Clear* in full, including the cost of medications recommended by the program. You can repeat the program if you need more help with quitting. Register with *Free & Clear* by calling **1-866-QUIT-4 LIFE**.

Score Card for Tobacco Users	
e-Health Survey (required)	30
Participate in <i>Free & Clear</i> (required) www.freeclear.com/ump • 1-866-QUIT-4-LIFE	70



How to Earn Points for Exercising

If you get at least 20 minutes of moderate exercise five times per week, you can earn points for Health Counts (see sample score card for point values). You can earn additional points if you increase your levels of exercise. You need to maintain an exercise routine for at least six weeks to earn points.

Examples of moderate intensity activities

- Walking briskly
- Golf, pulling or carrying clubs
- Swimming, recreational
- Mowing lawn, power motor
- Tennis, doubles
- Bicycling 5 to 9 mph, level terrain, or with a few hills
- Scrubbing floors or washing windows
- Weight lifting, Nautilus machines or free weights

Vigorous intensity activities

- Racewalking, jogging, or running
- Swimming laps
- Mowing lawn, hand mower
- Tennis, singles
- Bicycling more than 10 mph, or on steep terrain
- Moving or pushing furniture
- Circuit training

If you're not currently active, you're not alone. Set small goals and you'll be less likely to become discouraged. Better yet, find a buddy to join you and you can support each other's healthy lifestyles! For more information on getting more exercise into your day, visit the U.S. Centers for Disease Control at www.cdc.gov and search for "exercise."

Why is UMP Offering Health Counts?

Chronic disease, including cancer, heart disease, lower respiratory disease, and diabetes, account for 70% of all deaths and 40% of health care spending in the United States. Yet, these diseases are largely preventable by eating healthy and getting regular exercise, or manageable if detected early through preventive screenings. UMP designed the Health Counts program to help enrollees make behavior changes that will prevent disease.

Did you know that among Washington workers who have health insurance:

- 44% do not meet recommended guidelines for exercise
- 6 out of 10 are overweight or obese
- Nearly 80% don't eat enough fruits and vegetables

If you participate in Health Counts and take care of your health, you'll win because you'll feel better, the State will win because employees who are healthier are more productive, and everyone wins if we can put the brakes on health care spending.

What Will UMP Do with My Answers to the eHealth Survey?

UMP will use the information gathered through the Health Counts program to:

- Learn more about the health of the UMP population as a whole.
- Develop new programs and improve our benefits to better serve our population's health needs.

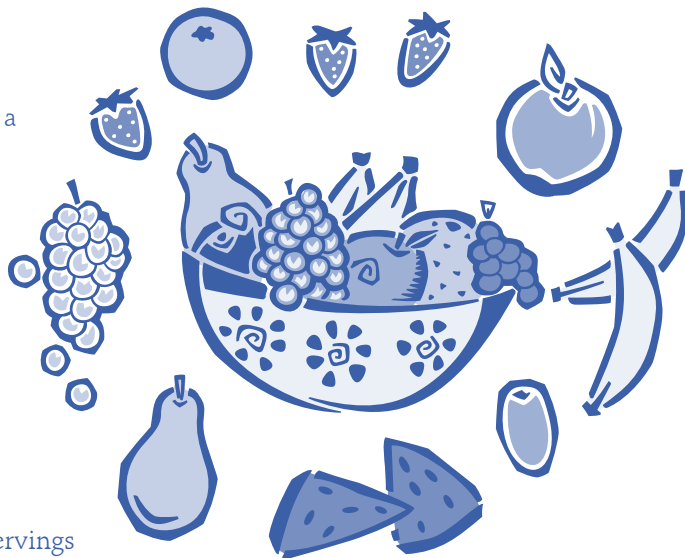
Any information you provide will be kept confidential. It will not be used to raise your premiums. We will not share any information that could be used to identify you with anyone.

No one will contact you as a result of your answers to the survey. However, the survey feedback may give you information about programs and services you can access.

How to Earn Points for Eating Right

If you typically eat at least five servings of fruits and vegetables a day five days a week, you'll get 10 points for Health Counts. You can earn even more points if you eat five servings every day. If you change your diet to include more fruits and vegetables, you'll need to maintain that habit for at least six weeks (and hopefully for the rest of your life) to earn points.

If you think eating that many servings sounds difficult, think again. One serving is less than people think. And there's a wide variety of fruits and vegetables to choose from, whether they're fresh, frozen, canned, or dried.



One serving size is defined as

- One medium fruit (for example, apple, orange, banana, pear)
- ½ cup cut-up fruit
- ½ cup raw or cooked vegetables
- ¼ cup dried fruit (for example, raisins, apricots, mango)
- 1 cup raw, leafy vegetables

What does not count as a serving

- Fruit juice
- Deep fried vegetables such as french fries or potato chips

For tips on how to get more fruits and vegetables into your daily routine, visit the "5 A Day" Web page at the U.S. Centers for Disease Control and Prevention Web site at www.cdc.gov/nccdphp/dnpa/5ADay.

What are People Saying About the Survey?

UMP tested the eHealth survey this spring with nearly 400 enrollees to make sure it worked properly. We asked participants to rate how easy it was to take the eHealth survey. On a scale of 1 to 5, with 5 being "easy," participants gave the survey an average score of 4.78. Now that's easy! Here are a few of the written comments we received about the survey:

"I enjoyed doing the survey and seeing the results. I can see where I would benefit from a few changes."

"Very easy to use and I like the instant feedback with links."

"The time was well worth it."

UMP's Health Counts Wellness Program Starts July 10!

Sign up for Health Counts today and you can earn rewards for healthy behaviors like eating right, exercising, and getting preventive care screenings.

You can get points for healthy behaviors you're already doing, as well as for making healthy changes to your diet and fitness habits.

Once you've earned 100 points, we'll mail you a \$30 premium rebate check.

Details are inside.

To register, visit us online at www.ump.hca.wa.gov and click on Health Counts.

**Improve your
health and get a \$30
premium rebate!**
Details inside.

Governor Gregoire Endorses Health Counts

Prevention and wellness are key components of Governor Gregoire's health care agenda for Washington. The Governor encourages state employees who are enrolled in UMP to participate in Health Counts and asks state agencies to allow their employees to complete the eHealth survey while at work.



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